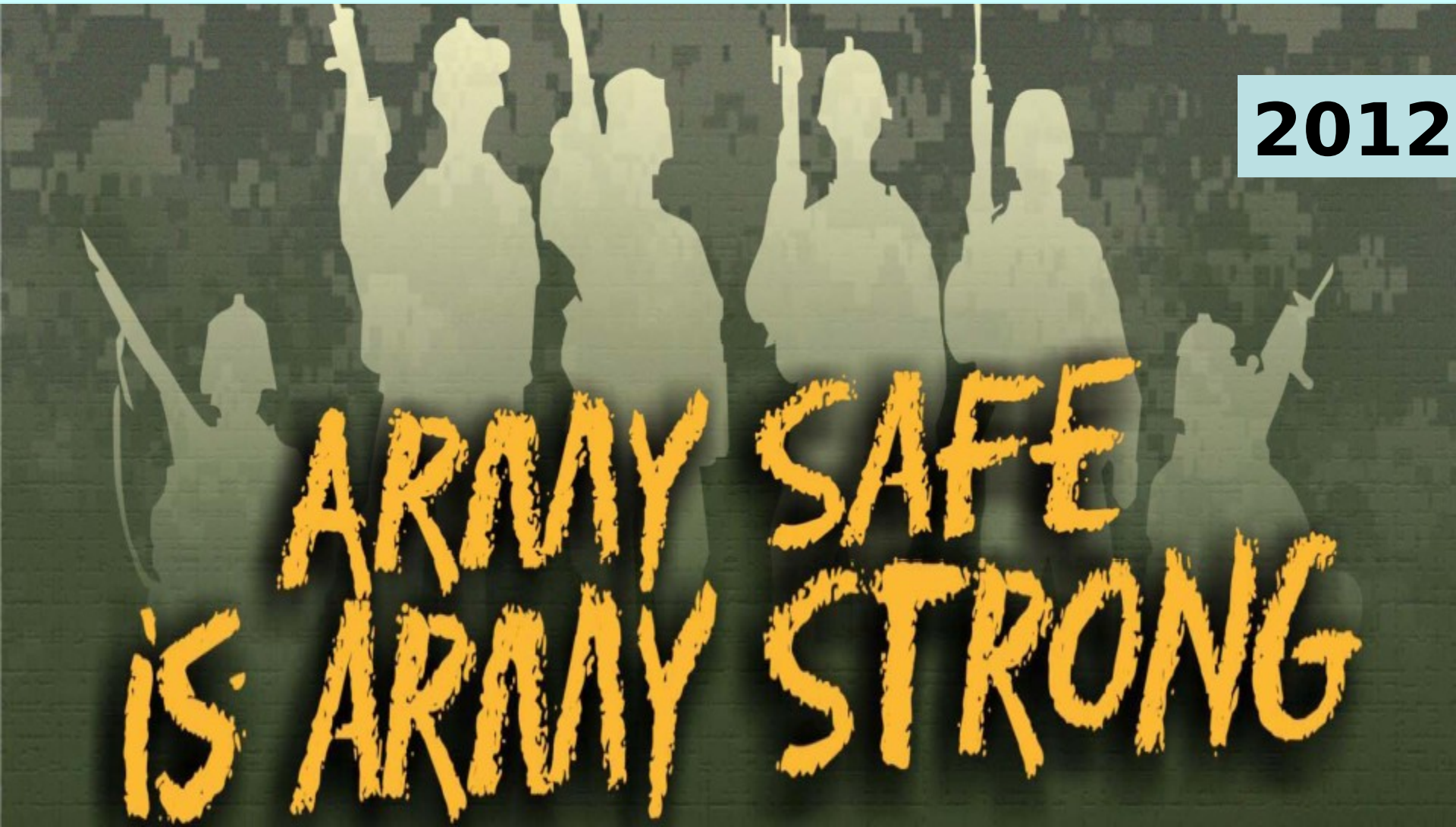
WINTER



HOLIDAY STRESS

Video

WINTER SAFETY TOPICS

- SAFE WINTER DRIVING
- COLD WEATHER INJURY
- OUTDOOR SAFETY
- HOME SAFETY
- HALLOWEEN

VEHICLE SAFETY TOOLS

IMCOM SAFETY WEBSITE

- http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/index.html

ARMY COMBAT READINESS CENTER

- https://safety.army.mil/

Watch This Winter Driving Video:

- https://safety.army.mil/multimedia/VIDEOLIBRARY/VideoPlayer/TabId/421/VideoId/343/Fall-And-Winter-Safety-FY10-Winter-Driving-101-.aspx

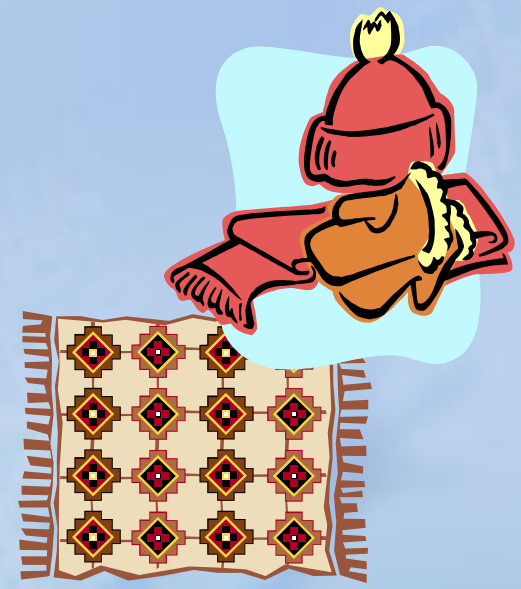
WINTERIZE YOUR VEHICLE

- BATTERY
- ANTIFREEZE
- WIPERS & FLUID
- IGNITION SYSTEM
- THERMOSTAT
- LIGHTS
- KEEP AT LEAST ½ TANK OF GAS
- ALL SEASON OR WINTER

- HAZARD LIGHTS
- EXHAUST SYSTEM
- HEATER
- BRAKES
- DEFROSTER
- OIL LEVEL

WINTER CAR KIT

- SNOW BRUSH W/ SCRAPER
- FLASHLIGHT W/ BATTERIES
- BLANKET
- MITTENS, SOCKS & HAT
- SMALL SHOVEL
- SACK OF SAND OR KITTY LITTER
- JUMPER CABLES
- HAZARD TRIANGLE
- WINDSHIELD WASHER FLU
- REFLECTIVE SAFETY VEST
- FIRST AID KIT



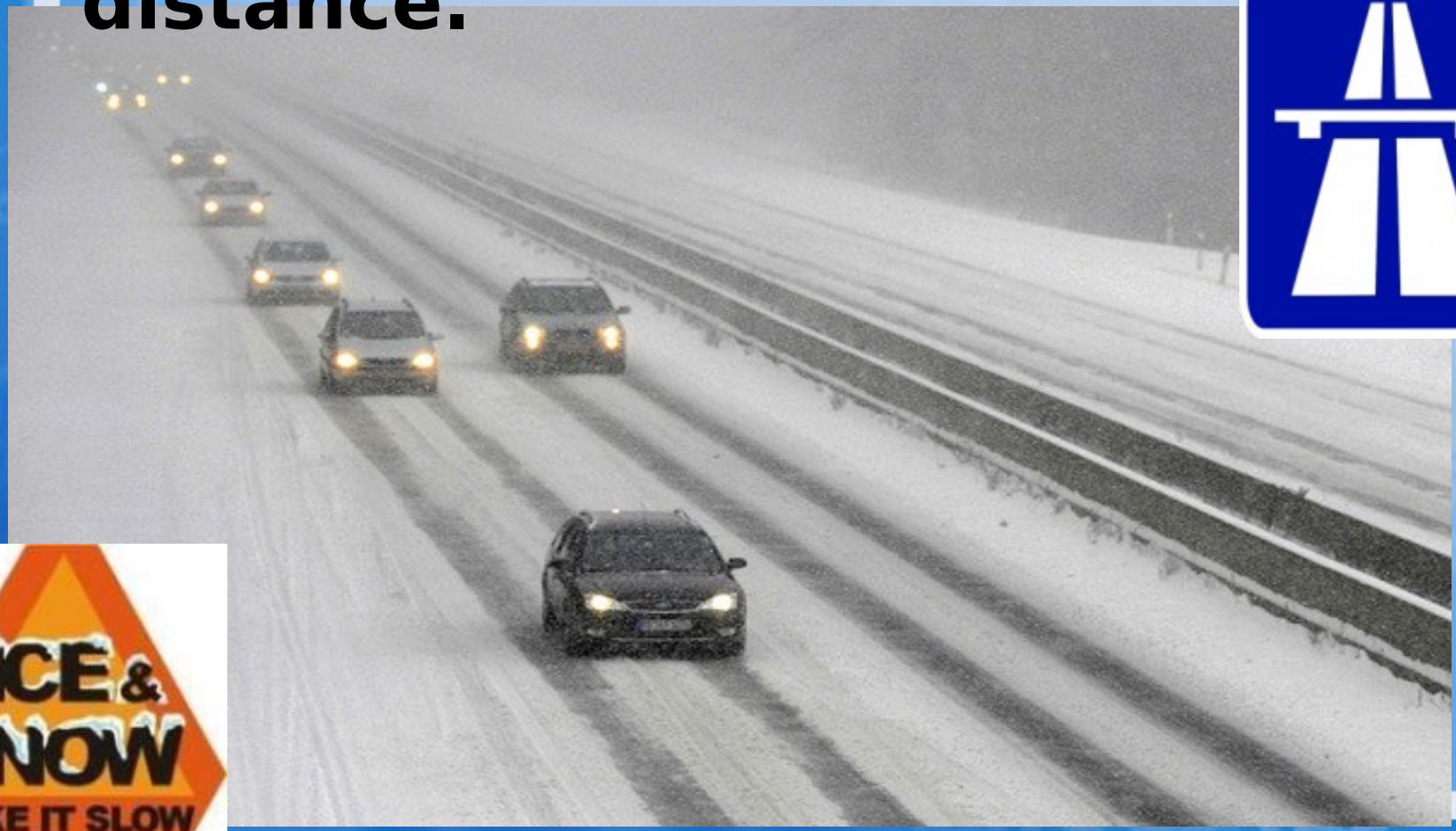
BE PREPARED

BRING YOUR FRIENDS

DRESS FOR THE WEATHER

AUTOBAHN HAZARDS

Slow your autobahn speed in poor weather – triple your following distance.



AUTOBAHN HAZARDS

Most autobahn accidents occur at the exits. Anticipate tight curves and ice – slow down.

PEEP HOLE DRIVERS

GET THE BIG PICTURE,
CLEAR ALL ICE AND SNOW BEFORE DRIVING.

LEAVE EARLIER!
DON’T BE A PEEP HOLE DRIVER!

REMOVE SNOW FROM VEHICLE

Video

WINTER DRIVING

1 Identify Hazards

2 Assess Hazards

3 Develop Controls & Make Decisions

4 Implement Controls

5 Supervise & Evaluate

Call for Road Info: 06371-47-2653 (COLD) or 480-2653
Listen to AFN Radio

Green	Normal driving for all vehicles.
Amber	Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.
Red	Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.
Black	Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

WINTER DRIVING

- **SLOW DOWN – Triple your following distance from car ahead**
- **Stay in plowed lanes**
- **To switch lanes – Slow down, signal, and move over slowly**
- **Steer in the direction of the skid**
- **For braking use gentle pressure only**
- **Long drives are stressful, get 8 hours sleep prior and breaks every 2 hours**

Black Ice

- Dull Sheen on Road
- Frost on the Windsh
- Expect & Plan for Ice
- Bridges Freeze First
- No Cruise Control
- No Sudden Turns, Braking or Acceleratio
- Increase Following Distance
- Have <u>Good</u> All Season or Winter Tires

How does indiscipline kill Soldiers?

- The three most significant acts of indiscipline are speeding, not wearing seat belts and driving under the influence.

- Indiscipline is a major contributing factor to privately owned vehicle crashes — the biggest cause of accidental death to Soldiers.

How does indiscipline kill Soldiers?

- Army accident reports from the first three quarters of fiscal 2012 reveal nearly half the Soldiers who died on the road were speeding and lost control and crashed. Speeding reduces reaction time, increases stopping distances and makes it harder to maneuver a vehicle. According to the National Highway Traffic Safety Administration (NHTSA), every 10 mph you travel above 50 mph doubles your chances of dying in an accident.

- Also, many Soldiers don't wear seat belts, a factor in nearly 30 percent of Soldier driving fatalities. Unrestrained, they were thrown into steering wheels and dashboards or through windshields or other windows. Unrestrained drivers and front-seat passengers double their chances of being killed or seriously injured, according to NHTSA — and there's an even uglier statistic. Ejected occupants are 25 times more likely to die than those who remain inside the vehicle.

- Alcohol is the deadly ingredient underlying many acts of indiscipline, especially failure to wear seat belts. Drunk drivers are twice as likely not

WEAR YOUR SEATBELT!

COLD WEATHER SAFETY

COLD WEATHER INJURIES

- Hypothermia
- Frostbite
- Chilblains
- Immersion/Trench Foot

- Dehydration
- Sunburn
- Snow Blindness
- Carbon Monoxide Poisoning

COLD WEATHER INJURIES

- **HYPOTHERMIA – Lowering of body's core temp. Body heat lost faster than it can be generated.**
- **COUNTERMEASURES**
  - **Stay physically fit**
  - **Keep active**
  - **Wear clothes properly and keep them dry (wet clothes=colder)**
  - **Eat properly and often**
  - **Drink at least 3.5 quarts of water a day**

COLD WEATHER INJURIES

COLD WEATHER COUNTERMEASURES

- Do not wear tight boots and socks
- Use the “Buddy System”
- Carry extra socks and mitten liners
- Move – do not stay still for long periods
- Beware the wind chill
- Watch children carefully for signs of ite

Skin Freezes at 28°F

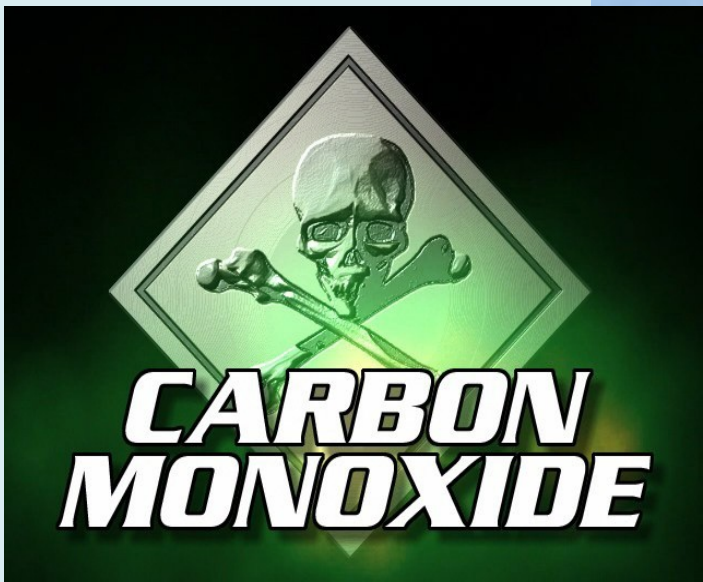
COLD WEATHER INJURIES

CARBON MONOXIDE (CO) POISONING - invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

SYMPTOMS: Headache, dizziness, confusion, yawning, weariness, nausea, ringing in the ears and bright red color on lips and skin

COUNTER MEASURES

- **Use only authorized heaters in well vented areas**
- **No sleeping in running vehicle**
- **Inspect heating system and fireplaces annually**



Slips and Falls

- Leading cause of our lost time acci
- Snow & Ice Removal Policy
- Have a detail planned to remove s
- Remove snow then salt the surface

WINTER RECREATION SAFETY

- THINK SAFETY WHEN PLANNING YOUR ACTIVITIES
- GET IN SHAPE AND KNOW YOUR LIMITU

KNOW YOUR LIMITS

Video

RECREATION SAFETY

Smart Move

- Dress right/wear protective equipment
- Ensure equipment is in good condition
- Know the hazards of the activity
- Follow established activity safety

KNOW THE TERRAIN

Video

RECREATION SAFETY

Take a Lesson

- Skier & snowboarder - lessons from a qualified instructor
- Key to safe skiing/snowboarding is: CONTROL

Be Aware:

- Watch for other skiers/snowboarders
- Snow conditions and changes
- Your technique
- Terrain (Ice)

RECREATION SAFETY

Dress in Layers

- Layers accommodate body's changing temperature
  - Dress in polypropylene underwear, dries quickly, absorbs sweat and keeps you warm
  - Wear a turtleneck, sweater and jacket

Eye Protection

- Always wear eye protection, glasses/goggles on slopes

RECREATION SAFETY

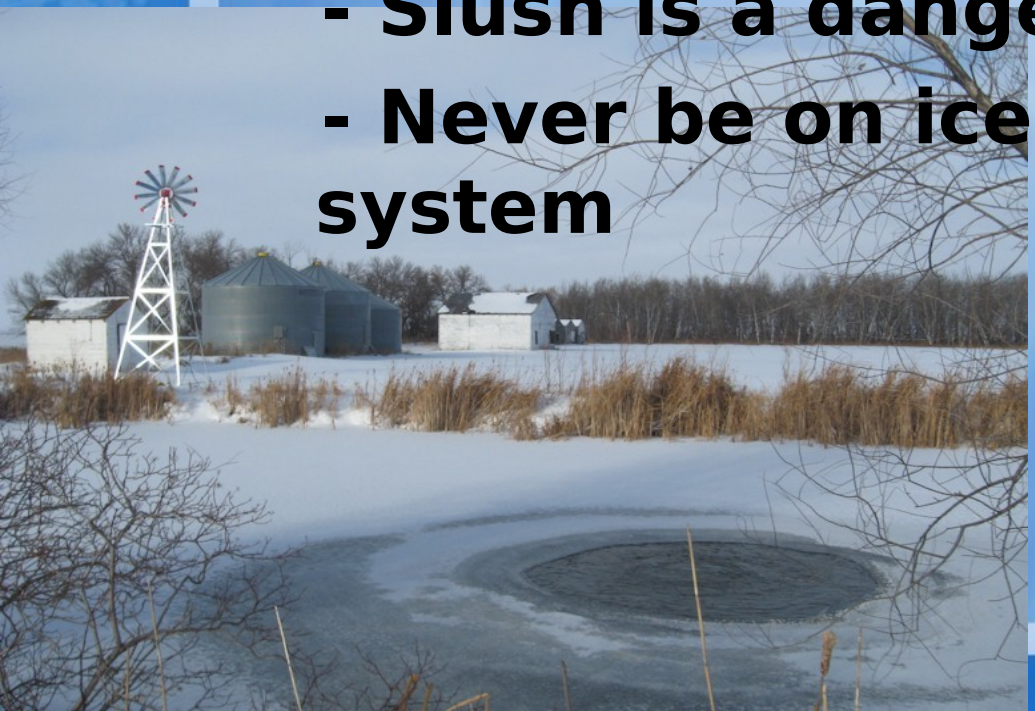
Be prepared.

- Mother Nature is unpredictable
- Bring a headband/hat
- 60 percent of heat-loss through the head
- Wear proper
  ittens

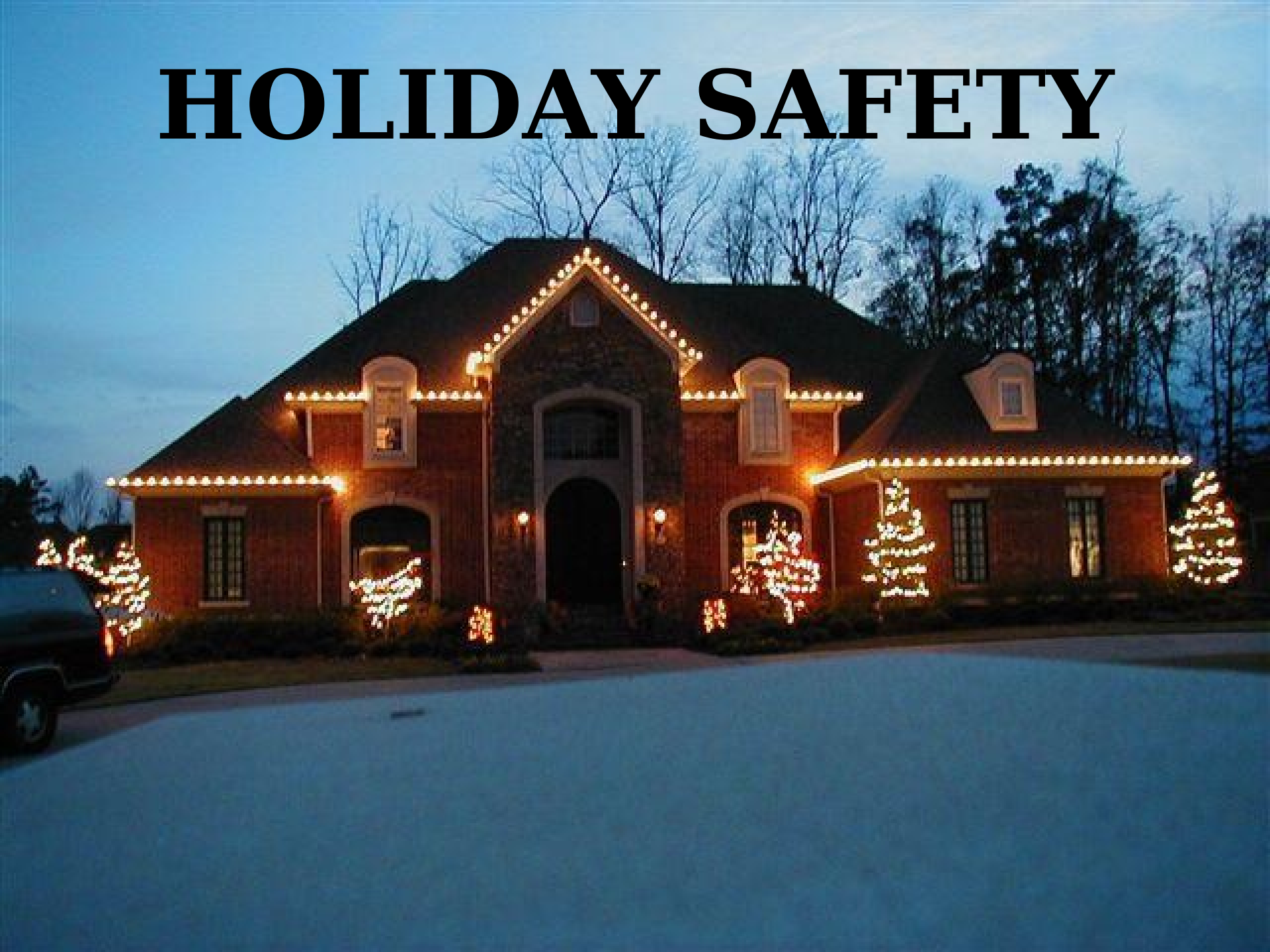
RECREATION SAFETY

Ice Facts

- Stay off the ice, unless known to be safe
- Snow hides cracks and weak areas
- Slush is a danger sign
- Never be on ice alone
system

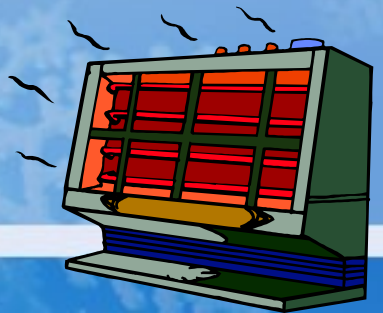


HOLIDAY SAFETY



HEATER SAFETY

- Plug heaters directly into wall socket, never an extension cord
- Place heaters where they can not be tipped over
- Never leave unattended
- Do not use heaters to dry clothes or other items
- Keep area around heater clear of clothing and combustible materials
- Does it have a tip switch?



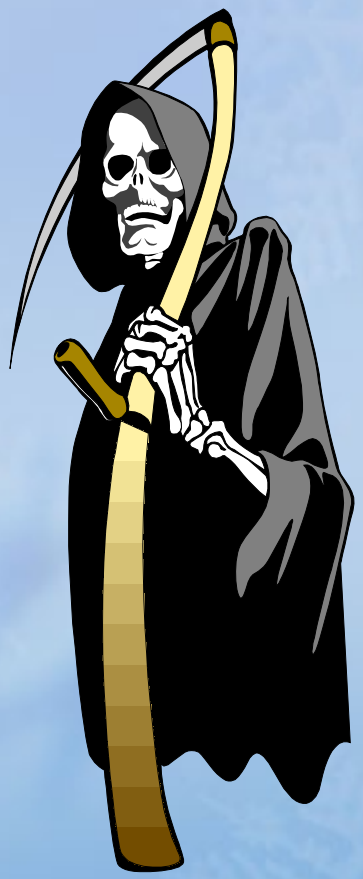
HOLIDAY LIGHTS

- Don’t use tacks, nails or metal staples to secure light strands
  - Use insulated staples
  - Pre-installed hooks are safe and convenient
- Install lights without power (unplug)
  - Avoids shock if you touch overlooked exposed wire
- Fasten outdoor lights securely to protect from wind damage

LADDER SAFETY

- **Fall Protection**
  - **Use fall protection if working over heights > 10 feet**
- **Ladder Safety**
  - **Inspect and use ladder appropriate for the job**
  - **Second person to hold ladder**

HAPPY HALLOWEEN



- **Kids vs. Cars:**
  - **Be reflective or have lights**
  - **Stay on sidewalks**
  - **Have a parent with kids**
  - **No running**
- **Costumes:**
  - **Use fire retardant costumes**
  - **Keep candles, heaters, or other flames away from doors and walkways**
  - **Keep costume short to avoid trips**

USE COMPOSITE RISK MANAGEMENT

ALWAYS

Don't Take Unnecessary Risk

USAG-K SAFETY OFFICE

493-4025